

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<h1>May 2019</h1>				
SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE 6	MEATLOAF & GRAVY BAKED POTATO CALIFORNIA BLEND VEGETABLES CHILI REFRIED BEANS CORN TAPIOCA PUDDING ORANGE JUICE 7	BBQ BEEF BAKED BEANS HASH BROWNS HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL 1	ROTINI IN A SAVORY MEAT SAUCE BOILED TOMATO HALF SPINACH CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES 2	CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES 3
BARBEQUE CHICKEN MASHED POTATOES CREAMED SPINACH MACARONI SHELLS IN MEAT SAUCE ITALIAN BLEND VEGETABLES CORN VANILLA PUDDING 13	TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES BROCCOLI HAM SALAD SANDWICH ON WHOLE WHEAT BREAD COLESLAW ORANGE JUICE AMBROSIA 14	LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS WITH DRESSING CHOCOLATE PUDDING 8	POLISH SAUSAGE BAKED TOMATO COUNTRY STYLE HASH BROWNS TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE 9	TURKEY ENCHILADA CASSEROLE SPANISH RICE BROCCOLI CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES ORANGE/PINEAPPLE JUICE FRESH FRUIT 10
SLICED TURKEY & GRAVY MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS AND DRESSING ORANGE PINEAPPLE JUICE AMBROSIA POUND CAKE 20	BARBEQUE BEEF BAKED BEANS BAKED POTATO HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHOLE WHEAT BREAD LIME GELATIN FRUIT COCKTAIL 15	CHICKEN PRIMAVERA CASSEROLE ITALIAN BLEND VEGETABLES GREEN BEANS MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHOLE WHEAT BREAD SLICED PEARS OATMEAL COOKIES 16	CHICKEN PARMESAN SPAGHETTI & SAUCE SPINACH EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATO WEDGES AND DRESSING FRESH FRUIT CHOCOLATE CHIP COOKIES 17	
CHICKEN MARSALA BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF SALISBURY STEAK & GRAVY CARROTS PEAS OATMEAL COOKIES APPLESAUCE 21	SPINACH CANNELLONI CORN CALIFORNIA BLEND CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT CHOCOLATE CAKE 22	ROTINI & MEAT SAUCE ITALIAN GREEN BEANS HARVARD BEETS BBQ PORK RIBLET MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 23	BEEF STEAK & ONION GRAVY MASHED POTATOES CREAMED SPINACH TERIYAKI CHICKEN OVER RICE PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 24	
 MEMORIAL DAY 27	CHILI OVER RICE BAKED TOMATO HALF CHUCKWAGON CORN SPINACH LASAGNA CARROTS ZUCCHINI MIXED FRUIT 28	MEATLOAF & MUSHROOM GRAVY ITALIAN BLEND BAKED POTATO SCRAMBLED EGGS WITH HAM HASH BROWN POTATOES CINNAMON APPLES ORANGE JUICE OATMEAL COOKIES 29	TUNA CASSEROLE GREEN PEAS HARVARD BEETS SALAMI SANDWICH ON WHOLE WHEAT BREAD ORANGE JUICE COLESLAW BANANA RASPBERRY GELATIN 30	BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD & DRESSING ORANGE JUICE APPLE PIE 31

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

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		ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK	ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
		1	2	3
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK
6	7	8	9	10
ORANGE PINEAPPLE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	BANANA BRAN FLAKES YOGURT LOW FAT MILK	FRESH FRUIT WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK
13	14	15	16	17
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK	FRESH FRUIT FRENCH TOAST JELLY SYRUP MARGARINE (2) LOW FAT MILK
20	21	22	23	24
 MEMORIAL DAY	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK
27	28	29	30	31